

Greater Cincinnati Health Council

If it involves health,
we're involved.

What You Need to Know About Swine Flu

What is Swine Flu?

- It is a respiratory disease of pigs caused by type A influenza viruses
- People do not normally get swine flu, but human infections can and do happen
- This swine flu is contagious and is spreading from human to human

What are the Signs and Symptoms?

- Similar to the symptoms of regular human flu and include: fever, cough, sore throat, body aches, headache chills and fatigue
- Some people have reported diarrhea and vomiting

How to prevent Yourself from Getting Sick

- Wash your hands often with soap and water. Alcohol-based hand cleaners are also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away after you use it and then wash your hands.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Avoid close contact with people who are sick.
- Try to avoid touching surfaces that may be contaminated with the flu virus.
- Stay in good general health: get plenty of sleep, exercise, manage your stress, drink plenty of fluids and eat nutritious food.



What to do if you get sick?

- If you become ill with flu-like symptoms, you may want to contact your health-care provider.
- Your health-care provider will determine whether influenza testing or treatment is needed.
- If you are sick, you should stay home and avoid contact with other people as much as possible to keep from spreading your illness to others.

When to Seek Emergency Medical Care

In **CHILDREN**, emergency warning signs that need urgent medical attention include:

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough
- Fever with a rash



In **ADULTS**, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion

Ohio Department of Health Information Line—Please call **1-866-800-1404** for answers to your questions about swine flu. The Information Line is open 8 a.m. to 5 p.m., Monday through Friday.

Source: Center for Disease Control